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Benefits and limitations of intermittent fasting in rheumatoid arthritis



Pain • Joints & Bones • Rheumatoid Arthritis (RA) • Quality of Life • Inflammation • Intermittent fasting (IF)

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Intermittent Fasting Will Not Reduce Inflammation On Its Own

By Joachim Bartoll / June 18, 2025 / Diet and Nutrition, Fasting / Dry Fasting, Health and Fitness / BMI, Carbohydrates, detox, detoxification, detoxing, diet, digestion, Examine.com, Healing, healing process, healing response, inflammation, inflammatory,

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reading

As most of us know by now, the medical “scientific community” are nothing more than a bunch of backwards-thinking imbeciles with a combined IQ less than that of a warm stinking pile of fresh turds. And that is putting it as nicely as I can.

One simple thing they never seem to understand is that of inflammation and what it actually is, although it’s clearly defined in biology and physiology. In short, inflammation is part of the body’s “safeguarding” mechanism, recognizing and removing (detoxification) harmful and foreign toxins and compounds and beginning the healing process. The function of inflammation is to eliminate the initial cause of cell injury, clear out damaged cells and tissues, and initiate tissue repair.

Inflammation is defined as the biological response of the body to harmful stimuli, such as pathogens, damaged cells, or irritants, which aims to remove the injurious agents and initiate the healing process. ² This process involves changes in blood flow, an increase in permeability of blood vessels, and the migration of fluid, proteins, and white blood cells to the site of tissue damage. ³ **The response includes the elimination of harmful stimuli and the repair of damaged tissues, contributing to the restoration of tissue homeostasis.** ⁴ Inflammation is characterized by redness, swelling, heat, pain, and loss of function, which result from local immune, vascular, and inflammatory cell responses to infection or injury. ⁵

 [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/)
Inflammatory responses ...

 en.wikipedia.org
Inflammation - Wikipedia

 [britannica.com](https://www.britannica.com/)
Inflammation | Definition...

 ncbi.nlm.nih.gov
Chronic Inflammation - ...

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In other words, if you have inflammation somewhere in your body, your body is trying to remove toxic compounds and repair the damage they have done. *It's not something you*

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Inflammation is a natural response by the body to remove harmful stimuli and initiate the healing process. ² **It is essential for the body to complete the healing process and restore tissue health.** ³ The body's inflammatory response helps in eliminating toxins and repairing damaged tissues. ⁴ **Therefore, it is important to allow inflammation to run its course to ensure proper healing.** ⁵



Quick Summary

In this [8-week randomized controlled trial](#) in 44 women with rheumatoid arthritis and overweight or obesity, [summarized by Examine.com](#), researchers looked at the effect of time-restricted eating on health-related quality of life, BMI, inflammation and oxidative stress.

Key study details

"The participants were instructed to either maintain their usual diets (control group) or limit their food intake to an 8-hour daily window (8 a.m. to 4 p.m.), with only noncaloric beverages

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At least the researchers had the knowledge to implement true intermittent fasting with the last meal at least 4 to 6 hours or more before bedtime, as in going to sleep in a fasted state, thus allowing for full detoxification and healing during sleep. [This is crucial for health and longevity](#). Never eat closer than 3 to 4 hours before bed or [you will sacrifice your enhanced ability to detoxify, heal](#), and benefit from [hormones such as growth hormone](#) as digestion will interfere and take precedence.

Fasting for 4 to 6 hours before sleeping can enhance detoxification and repair processes, including stimulating a moderate level of autophagy, which helps in recycling damaged cell components and improving overall cellular health. This practice can improve glucose tolerance and reduce bodily stress, such as lowering blood pressure. [2](#) [3](#) [4](#)

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This is because digestion activates the parasympathetic nervous system, which inhibits the release of GH. GH is typically secreted during the slow-wave sleep phase, around 90-120 minutes after falling asleep, and plays a crucial role in:

- Tissue repair and regeneration
- Bone growth and density
- Muscle growth and development
- Metabolic regulation

And since the diet remained the same, the poor overweight and obese test subjects still did not get the nutrition they needed to actually heal, as they continued to eat the same crap that made them obese and suffering from rheumatoid arthritis in the first place.

Detoxification and healing requires a lot of nutrients, especially cholesterol, saturated fats, omega-3, methionine, vitamin D, vitamin E, vitamin K, vitamin B12, vitamin B6, betaine, and folate — all of which are only found in bioavailable and bioactive forms in animal-based foods.

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methionine, vitamin D, vitamin E, vitamin K, vitamin B12, vitamin B6, betaine, and folate. These nutrients are primarily found in bioavailable and bioactive forms in animal-based foods. ⁴

Cholesterol and saturated fats are essential for cell membrane integrity and hormone synthesis. Omega-3 fatty acids, particularly EPA and DHA, support anti-inflammatory processes and cellular function. ³ Methionine, an essential amino acid, plays a role in detoxification and methyl group donation. Vitamins D, E, and K are fat-soluble vitamins critical for immune function, antioxidant activity, and blood clotting, respectively. ¹ Vitamin B12 and B6 are involved in methylation and amino acid metabolism, while folate is essential for DNA synthesis and repair. Betaine supports liver function and homocysteine metabolism. These nutrients are more effectively absorbed and utilized from animal-based sources compared to plant-based alternatives.

 healthline.com

The Fat-Soluble Vitamin...

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And remember, the only way to actually lower and eliminate inflammation naturally without suppressing it with idiotic drugs, herbs, or remedies, is to let the healing run its course until the tissue is healthy again. And that takes time and nutrients.

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² The process involves the movement of plasma and leukocytes to the affected area, leading to the elimination of the harmful agent and the start of healing. ³ For the body to effectively heal, it requires adequate nutrients and rest to support the physiological processes involved. ⁴ The resolution of inflammation typically occurs when the injury is addressed, and the body restores tissue homeostasis. ⁵

 en.wikipedia.org
Inflammation - Wikipedia

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Inflammation is a biological process that involves the body's response to injury or infection, aiming to eliminate harmful stimuli and initiate tissue repair. ² The process requires adequate nutrients and rest to facilitate healing. ² When allowed to proceed without interruption, inflammation can effectively detoxify and heal tissues. ²

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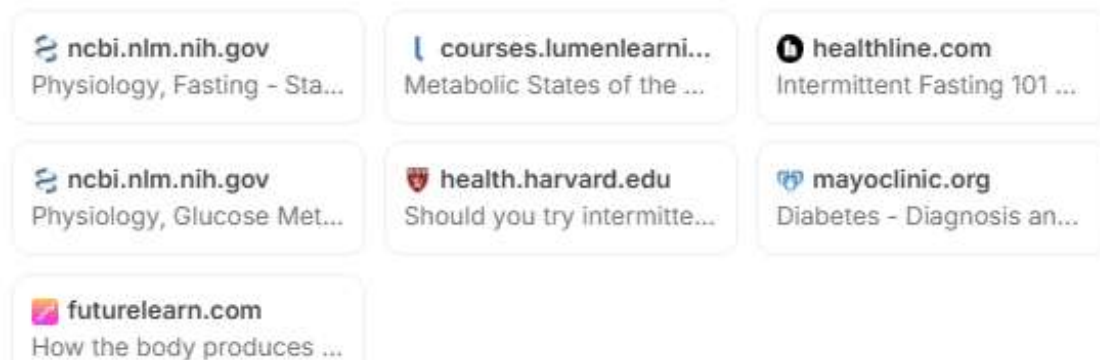
"The 8-week randomized controlled trial with time-restricted eating improved health-related quality of life and reduced BMI but

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Although time-restricted eating improved health-related quality of life on the Health Assessment Questionnaire-Disability Index compared to the control group, the changes did not reach the predefined standards for clinical significance."

We already know that intermittent fasting, or following time-restricted eating, limits the time that blood glucose will be elevated during each day, which will favor fat utilization and also allow for more time for the body to detoxify and heal. However, healing takes a very long time, especially in obese people who still follow a detrimental diet void of nutrition, not to mention suffering from rheumatoid arthritis.

Intermittent fasting limits the time during which blood glucose remains elevated, promoting fat utilization and potentially aiding in fat loss. ³ During fasting, the body shifts from using glucose to using fat and ketones for energy. ² This metabolic shift can enhance fat loss by increasing fat oxidation and reducing insulin levels. ³ Additionally, intermittent fasting may improve insulin sensitivity, further supporting fat loss. ⁵



While adopting a [time-restricted feeding window](#), as in intermittent fasting, will allow for more time to detoxify and heal, it will not do much unless you have the capacity to do so, as in being nourished. This is why a time restricted approach, as in having your first meal 6 hours before bed time when following [our species-specific, species-appropriate carnivore diet](#) is so extremely effective for healing and reclaiming your health. But if you

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Intermittent fasting, or time-restricted eating, allows for more time to detoxify and heal by reducing the interference from digestion, provided that the body is adequately nourished with the necessary nutrients for healing. ² This practice can promote cellular repair processes, such as autophagy, and improve metabolic health. ² However, it is important to ensure that the body receives sufficient nutrients during eating periods to support these processes. ²

 [healthline.com](https://www.healthline.com)

Intermittent Fasting 101 ...

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The same is true for dietary oxidative stress, which simply is the result of a poor inappropriate diet that contains any kind of plant-based edible, especially carbohydrates and unsaturated fats (seed/vegetable oils.) And since they did not change the diet, the daily toxic load will be pretty much the same, and thus the oxidative stress will be the same.

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processed foods, including seed and vegetable oils, which can increase the production of reactive oxygen species (ROS) and lead to cellular damage. ⁴ These dietary factors contribute to an imbalance between oxidants and antioxidants, promoting oxidative stress. ³ Such diets are associated with chronic inflammation and metabolic disorders, including cardiovascular disease, diabetes, and obesity. ⁴

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What Is Oxidative Stress?

 sciencedirect.com
A review of dietary phyt...

 pmc.ncbi.nlm.nih.gov
Dietary Regulation of Ox...

 pmc.ncbi.nlm.nih.gov
Nutrients and Oxidative ...

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Examine.com's take

"Time-restricted eating is commonly used as a weight loss strategy and has also been proposed as a way to reduce inflammation and oxidative stress among individuals with autoimmune conditions. Although body weight decreased during this study, no improvements in inflammation or oxidative stress outcomes were observed."

Yes, time-restricted eating can help with healing, as in lowering inflammation long-term as it allows for more time for detoxification and healing (which is interfered by eating and digestion.) However, for this to occur, you have to get enough nutrients needed for detoxification and healing to surpass the level of damage being done. And this is why you can see a bit of improvement in some people who change their diet — either adding in a little bit more nutritious foods or removing some very toxic foods, lowering their overall toxic load.

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In simple words, only switching to an intermittent fasting time-restricted way of eating will not make you healthier if your diet still sucks and does not provide enough nutrients.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, [I'm available for both coaching and consultation](#).

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, [please consider donating](#) to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining [our uncensored community at Ungovernable.se](#). Thank you!



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Founder of the first Health & Fitness internet community Ironmag in 1996, former Editor-in-Chief for two magazines within the health and extreme sports industry, founder of Sweden's largest discussion board Kolozzeum, writer and author for over 29 years with more than 600 officially published articles, more than 1600 self-published articles, and 8 books. Elite-level trainer/coach, nutritionist and body transformation specialist with over 32 years of experience with more than 1100 clients.

17 years of wasted studies in Western 'Modern' Medicine and Pharmacology. Animal-based nutritionist since 2018. Over 5 years of study of Biology, Microbiology, Biochemistry, The Terrain Theory, and 3.5 years of studying German New Medicine – which all helped me heal my cancer and failing organs in 2018, healed my life-long asthma and allergies, and has not been sick one single day since. Please note, that Joachim is [still recovering from c](#)

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Joachim is a truth-seeker at heart, an observer of the occult (know your enemy,) and with a contact network all over our world.

He is also the founder of the uncensored [online-community Ungovernable](#) — the one-stop website for anyone interested in seeking the truth — where he writes and answer questions daily.

"Everything you read on this website are my thoughts, views and speculations based on my experiences, knowledge and what I see daily. It's nothing more than possibilities for you to consider, in which you can ponder the ideas and make your own conclusions."



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